

TOUCHING ♥ LINGERING ♥ LOCATIONS ♥ KISSING

WORSHIP ♥ PLAYTHINGS ♥ HUMOR ♥ SURPRISES ♥ ORGASM

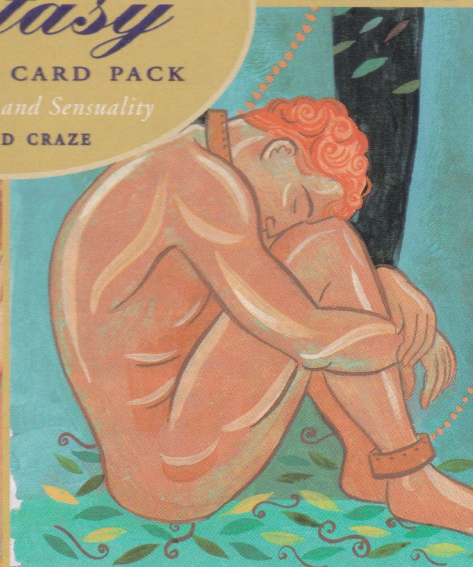
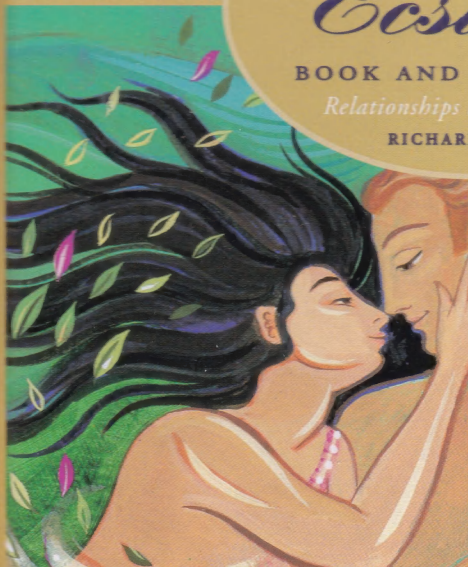


# *Sextasy Ecstasy*

BOOK AND CARD PACK

*Relationships and Sensuality*

RICHARD CRAZE



AROMATHERAPY ♥ STROKING ♥ LUXURY ♥ FANTASY ♥ MOODS

CREATIVITY ♥ EXCITEMENT ♥ TANTRA ♥ MASSAGE

*Sextasy  
Ecstasy*

BOOK AND CARD PACK







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*Relationships and Sensuality*

RICHARD CRAZE





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# SEXTASY ECSTASY

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SEXTASY ECSTASY

*Introduction*

Welcome to the *Sextasy Ecstasy Book and Card Pack*. It's the perfect way to enhance, explore, and extend your sexual experiences. Sex between two lovers can be more than a mere meeting of bodies; it can be a unique opportunity to share a sacred occasion with another; a spiritual experience that transcends mere pleasure; a joyous melding of souls, minds, and bodies: Sextasy Ecstasy.

MEANINGFUL SENSUALITY

The pack has been designed with great care to appeal to both men and women, young and old. The cards

LEFT *Love and commitment are the bases for Sextasy.*

have been selected to be exciting without being crude. This is a new approach to lovemaking – fun as well as intimacy.

WHAT'S IT FOR?

Within the Sextasy Ecstasy book you will find some unusual ideas for Sextasy. The book has been written for those who are in a serious committed relationship who wish to push back the boundaries of their sexual freedom. It's not for casual lovers, but rather for those who have decided to explore their sexuality together in a loving relationship of trust and mutual pleasure.



ABOVE *Sextasy is the poetry of human bodies.*

HOW TO USE

*This Pack and Book*

This pack contains nearly 2,500 possible permutations of Sextatic lovemaking. There are 28 cards, made up of four sets of seven: Wishes, Play, Intimacy, and Lovemaking.

HOW TO PLAY

You should draw a card from each of the four sets. You can draw the cards together, or take turns. The cards can also be drawn individually at random. Remove any cards that you really object to – you can always put them back later if you want.

THE FOUR SETS OF CARDS



WISHES  
*will give you ideas about what to wear and costumes to explore.*



PLAY  
*will suggest activities and games to play.*



INTIMACY  
*will help you to come close to your partner.*



LOVEMAKING  
*will steer you toward ways to enjoy sex.*

THE CARDS AND THE BOOK

Each card has a key word on it, which refers you to a page in this book where you'll find a set of suggestions to try. Feel free to adapt and modify these suggestions to incorporate your own sexual preferences – they are only ideas.

LIMITATIONS

There aren't any. Sextasy is about freely enjoyed mutual pleasure, not coercion or dominance. You both have the right to refuse anything, and to indulge in anything.



## WISHES

*Skin*

*S*kin is great – it's what keeps all the other bits in! Skin is alive and sensual, erogenous and Sextatic. It is full of nerves that send tantalizing, sexy messages up to the brain. Skin is where we feel all of our lover's caresses. Skin is most definitely in.

#### HOW WELL DO YOU KNOW EACH OTHER?

How well do you know your partner's body – and especially the skin? Experiment by testing each other. Make a list of all your moles, freckles, birthmarks, scars, dimples, sexy curves, and lines. Write down where you most



like to be touched, kissed, licked, and caressed. See if you can guess what is on each other's lists. Now do the practical test. Trace every inch of your partner's skin with your fingertips, your lips, your tongue. See which bits they like having stroked and tickled the most. How accurate were the lists you made?

Skin has texture and tone, depth and color. Photograph each other's skin, making your studies erotic and subtle, not explicit. Subdued lighting will work best. If your partner is shy of being photographed nude, use satin or silk to drape parts of their body, revealing only the flesh that they like best. Photographs of hands, backs, or bellies can be very sexy.

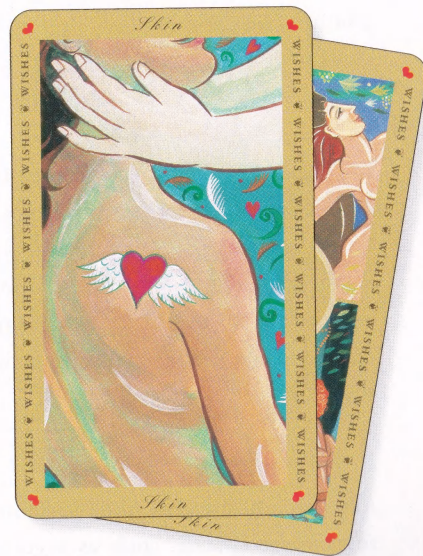
#### ICE CUBES AND PAINT

How does skin react to the shock of cool, slippery ice cubes being rubbed up and down the body? What happens if you drizzle warm, melted chocolate on your lover's skin? Express your artistic side and turn your lover into a work of art! Use make-up or children's face paints that wash off easily to decorate each other. How erotic would your designs be? Which colors would you use for the naughty bits? For an unusual Sunday afternoon, mark out each other's stomachs with a checker board, or snakes and ladders, and play games in bed – for forfeits, of course.

#### VERY VERY NUDE INDEED

What would you look like if you were as naked as the day you were born? Ask your partner to shave off some or all of the hair on your body. What sensations are you aware of when your skin is completely nude? Make love

without touching each other – without fingers, lips, tongues, or hands to help. How does that feel? What does your lover's skin feel like in the dark? Do you know which bits are forbidden (if any)? Which bits can you touch whenever you like?



*Your lover's skin can be a canvas for you to explore and decorate.*



## WISHES

*Fully Dressed*

When we first meet our lover and sense mutual attraction and lust, we see them fully dressed – and can't wait to see them naked. We long to seduce them, to undress them, and to make love to them. After a brief time we become accustomed to the sight and scent of our partner's body. But being fully clothed again can be extremely Sextatic if we know where it is leading: seduction, enjoying that first attraction second time around.

## ♡ BEING A TEENAGER AGAIN

Arrange an evening out together somewhere special, such as a good restaurant or the theater, and dress to kill. Put on your finest finery. And

then go out and flirt like mad. Rub up against each other at the slightest opportunity. Grope your partner under the table. You can caress each other as fiercely, as passionately, as lustily as you want, but there must be no undoing of buttons, no exposing of flesh, no zippers pulled down. It's like being a teenager again. There is heat and fire, passion and lust, but no flesh must be revealed. You can rub against each other as hard as you like, but stay fully dressed.

See if you can bring each other to orgasm without removing a single item of clothing or undoing a single button or zip.



## ♡ REVERSE STRIPTEASE

Hire costumes such as formal evening wear, kimonos, leather or rubber wear, or any outfit that appeals to your Sextatic imagination. Then start off naked in the bedroom, perhaps with some music, and very slowly dress each other, without touching your partner's body. Take your time. Linger over each garment. Slowly do up all the buttons. Help each other into your clothes – and stay in them until you have made mad passionate love at least once before the evening is over – but no flesh is to be seen, no buttons to be undone.

## ♡ FABRIC FETISHES

Find out which of your outfits your partner likes to see you in best, and challenge them to make love to you while you wear it. Experiment with the sensation of different fabrics, rubbing sensuously against your naughty bits. What feels best? What

turns you on? Denim? Silk? Leather? Pure new wool?

Play around with your clothes on: try standing under the shower together fully dressed. Or show each other how you like to be caressed – fully dressed, of course.



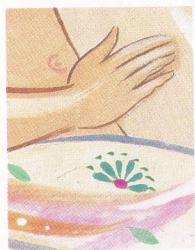
*Clothes are there to be removed, and offer the promise of future pleasure.*



## WISHES

*Silk*

This is a key word and can be used to take you in any direction you choose. Silk is exotic, oriental,



and mysterious; it summons up all the allure and forbidden secrets of the East. Perhaps you have chosen this card and want to make love to your partner while you

are dressed in silk, or maybe you want your partner to wear silk underwear while you make love. Silk is slinky, smooth, refined, luxurious, decadent, naughty – and that's why, throughout the world and for centuries, silk clothing has been valued for its sexual allure and erotic possibilities.

## ♡ THE SENSUALITY OF SILK

Silk, being a natural and very smooth material, has an erotic quality to it that will enhance your lovemaking. Maybe one of you wants to be gently tied to the bed with silken ribbons. Perhaps it's an opportunity to try each other's underwear. Have you ever thought about buying silk sheets and seeing what it's like to make love on them? Or how about caressing each other with silk gloves?

To explore the silken feel of skin, use talcum powder or body moisturizer to polish each other's skin and make it shine before making love. Or you could share a bath with your lover and enjoy the feeling of the water on each other's bodies.

## ♡ A HINT OF STOCKING

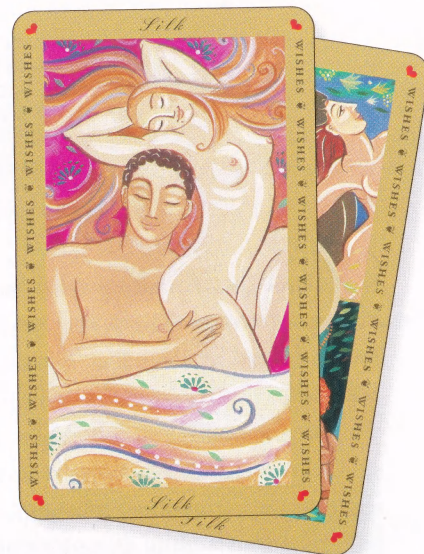
You could get a lingerie catalog and see what silk products are available. Most people find silk stockings very sexy, and a woman might like to wear them during the day as a tantalizing tease for her partner. Just listening to your partner rustling with silk underwear can be very erotic.

To add another dimension just add water. Silk stockings worn in the bath can be very sexy when they are wet and clinging; so can silk underwear.

## ♡ TACTILE TURN-ONS

You don't have to limit yourself to silk alone – the world of sensual fabrics embraces satin, leather, feathers, and furs? Different textures brushing the skin can be very sexual and exciting.

Put the lights off. The rustle and feel of silk in the dark is intriguing; slippery fabrics caress the skin; furry fabrics will bring out the animal in you! Silk kimonos worn with nothing



*Silk offers hints of oriental mystery and sensuous delights.*

underneath can be a turn-on – especially if you make love while wearing them. Try blindfolding each other with silk scarves before making love.

Undressing slowly behind a silk curtain, in subdued light, is provocative and alluring without being blatant and explicit.



WISHES

## Half Undressed

Sometimes nothing can be more erotic than seeing your lover half-clothed. Revealing little and being secretive is more of a turn-on than leaving nothing to the imagination. Lingerie, ordinary clothes with a few buttons left undone, or a zipper half pulled up – all of these hint at secret delights.

### FLASH

Go out together wearing coats over nothing more than your sexy underwear. Then, whenever no one else is looking, you can give each other naughty glimpses. Or dress in your ordinary day clothes but forget your underwear – and then give your partner revealing flashes to whet your

appetites and get your blood racing. You could decide to greet your partner when they come home wearing only a bowtie, an apron, or a hat – there are no rules in Sextasy.

### BUTTONS AND POPPERS

Leaving buttons, poppers, and zippers deliberately undone can be very sexy if a little flesh is allowed to peep out. You can be blatantly suggestive, or make it appear accidental. Look down and notice that your buttons are undone and feign surprise – and then undo a few more.



### TOPS AND BOTTOMS

Wander around the house wearing only bottom items of clothing, or to be very suggestive, just a top. Or how about wearing only a dressing gown that slyly falls open to reveal your sexiest underwear?

Go for a late night walk together, stark naked under long coats. You will enjoy walking past people and thinking, “We know something you

*Revealing a little can be suggestive of a hidden paradise.*

don’t know.” But make sure you don’t get caught!

If you have some old clothes cut holes in them to reveal sexy bits (or let your lover cut the holes while you’re wearing them – but be careful).

### WEIRD GEAR

Extend your clothing boundaries by experimenting with unusual fabrics. Dress each other in Clingfilm, or cellophane tape, a tablecloth, or a rug. Cover up your sexy bits with fig leaves like Adam and Eve.

Delve into your partner’s wardrobe for some “cross-dressing” thrills: borrow their swimsuit, or pajamas, or underwear.





## WISHES

*Fantasy*

We all have fantasies about being somebody else, but taking on another persona for sex is the key to realizing your most secret desires. Spend some time talking to each other about which sort of fantasy figures and role playing you would enjoy exploring together. Remember that in a fantasy you are free to indulge your passions in whatever way you want to.

## ♡ MINGLING FANTASIES

Suppose you want to play cavemen and cavewomen but your lover wants to play doctors and nurses. Well, compromise and play nurses and cavemen. Playing games like this is a good way of trying things out while

pretending to be someone else – so if it doesn't work it doesn't matter. And the more you play around with fantasies, the more exciting, arousing, and blood-quickenning it becomes.

Challenge each other to wear your favorite fantasy costume underneath your ordinary clothes when you go to work. Or dress in a fantasy costume and go out to dinner. Tell everyone you're on your way to a fancy dress party afterward, and you can get away with it – just!

## ♡ MAKING FANTASIES COME TRUE

Tell each other your favorite unfulfilled fantasy and see how you could help each other make it come true.

Perhaps you've always longed to wrestle in custard, or be tied to a four-poster bed in public, or to parade nude through the shopping mall. Well, if you are clever, even these can be realized. You could say that you were doing it to raise money for charity (and really do it of course). Make it a sponsored custard dip, a sponsored tie and lie in, even a sponsored streak. To achieve your dreams, all you need is imagination.

## ♡ VULNERABLE AREAS

Exploring our fantasies is a vulnerable area: we all fear being laughed at or disapproved of, so treat each other gently. Listen to what your partner wants and try to oblige. You have the right of veto if you are genuinely shocked or horrified by something, but you don't have the right to mock or criticize. Being prepared to share fantasies with our lover is a tremendous step to take – one of love,

vulnerability, and trust. To know each other's fantasies is to have an instant reference library. All you have to do is dress or behave in a certain way to tantalize and arouse your lover, and it gives them very clear signals that you're ready to play.



*Playing games with your lover means you can live out your dreams.*



## WISHES

## Luxury

*L*uxury is making sex special, so what could be better than a bit of luxury to augment your lovemaking? Invest in the best to enhance and complement you and your lover. If you don't put any thought into sex, then satisfaction levels will be lower.

## FURRY FUN

Most modern fabrics are not luxurious – especially when felt against naked skin. Nothing can beat a fur rug for making love on – fake or genuine. A woman wearing nothing but a fur coat may be a cliché, but she's still the sexiest thing on the block. Silks and satins feel sensuous, look sexy, and enhance your libido, whereas nylon just sets up static.

## FIRELIGHT AND OYSTERS

Flickering firelight is luxurious, soft candlelight conjures romance. Create an intimate cocoon by replacing harsh lighting with something more subtle. Set a mood with food: oysters are luxurious and decadent, they feel like sex, they taste like sex, they are expensive and naughty, they feel erotic and divinely sensual. Could we say the same of a preheated hamburger zapped in a microwave? Some drinks are definitely luxurious, and some aren't. Wine is voluptuous, while sweet, fizzy drinks are vapid. And of course for lovers the best drink of all is iced champagne – though you don't have to drink it from a dancing slipper if you don't want to.



*Pamper yourselves and  
create the right atmosphere  
for passion and desire.*

## SETTING THE SCENE

Transport yourself to times gone by and make love in a four-poster bed. Press skin to skin on a giant leather sofa. Have sex out at sea under the stars. Hire a Rolls-Royce or a stretch limo for a day and ravish your lover in the back of it. That's luxury.

## PUTTING ON THE RITZ

Luxury is as much about attitude as expense. Everyone can pretend to be the king and queen of the city for a day. If you play your part well, a special treat can feel like part of your lifestyle. So damn the expense for once. Book yourselves into a good hotel in town for a sauna. Dress up and go out on the town. Or how about the opera or the ballet? Go on, pamper yourselves, and live it up a little.

Good restaurants are invariably luxurious, so adopt some of their techniques: subdued lighting, quiet atmosphere, soothing music, fine food, splendid wines.





## WISHES

### Oils

Imagine the scene. Your lover is stretched out quite naked on a rug in front of an open fire, inviting you to make love. Nude body freshly oiled, glistening in the firelight, the sheen on your lover's skin makes each hair stand out in relief. You can imagine your hands and body sliding sensually across their skin as you kiss each other, and the fun begins.

#### SEXY SMELLS

Aromatherapy oils can fire our senses with lust and desire. Try ylang ylang oil for heightened passion. Juniper and sandalwood will permeate the air with heady scents reminiscent of exotic locations. Heat a few drops of oil in a burner to fill the air with

scent. Burn a little incense for the same effect, and for added smoky erotic mystery.

#### SENSUAL MASSAGE

Aromatherapy oils are great for giving each other a sensual massage – and don't limit yourself to using your hands. You can massage with your feet, your elbows, your thighs, your naughty bits, or any part of your body. There is nothing quite like the feel of all that oil and flesh sliding sensuously together, slippery glistening skin on skin. You could oil yourself while your lover watches you. Oiled skin, glistening in firelight or candlelight, is very sensual and extremely arousing.

#### HAUNTING PERFUMES

Introduce erotic scents into your lovemaking with perfumes. A perfumed body can be very enticing. Try different perfumes for different effects. Some scents will be an instant turn-on, while others leave you unaroused. You have to experiment. Go shopping together for erotic perfumes and try them together

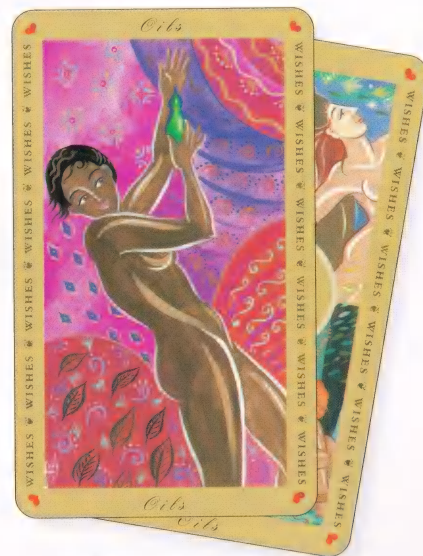
#### EXOTIC, EROTIC COOKING

Make food an erogenous zone, cooking and eating together. Nothing is quite so sexy as food being prepared and eaten with each other. Try hot, spicy Caribbean or Cajun food, or the rustic flavors of the Mediterranean. Experiment with different tastes and textures of food, both to be eaten and to be played with.

#### HOT BATHS

Use aromatherapy oils when you share a bath together. Light the bath-

room with candles. All that steam and candlelight and heady perfumed air will turn you on as you relax – and when you get out you can make love to each other on the bathroom floor while you are both still warm, still wet, still glowing.



*Perfumed oil and soft skin is a delicious recipe for Fantasy.*



PLAY

## Outdoors

*S*extasy is about exploring and extending our sexual frontiers – Sextasy is for the adventurous. To break out of the dull routine and enjoy the delights of true Sextasy, we need to find new places, and new ways of making love. Imagine the feel of a gentle breeze on your skin as you make love outdoors by moonlight; picture yourself, listening to the lap of waves, on a beach as you explore each other's bodies in the sunshine.

### THE THRILL OF GETTING CAUGHT

Making love outdoors is a good way to keep the excitement new and to generate the freshness of sex all over again. You don't have to go far – your

own backyard might do if it is private enough. And if it isn't, you can improvise and find a way to make love without your neighbors ever knowing what you are doing. The thrill of being seen or getting caught may even add to the excitement.

There is something very primitive and basic about making love outdoors – it reaches back to the time before we started to live in houses. And having sex outdoors reaches a part of our sexuality that puts us in touch with our true selves – we can let go and make a lot of noise, be uninhibited, be wild and abandoned, be silly and wanton. There is something very erotic about cavorting naked in the open air. You could go swimming in

the nude, run naked or half-dressed through the woods, make love in a park after dark, or even just sit in the yard enjoying the naked silhouette of your lover. You could always go out at night wearing just a coat (and shoes of course) and slip into a discreetly hidden, quiet doorway for sudden and quick sex. Or stroll casually along a busy thoroughfare knowing that you are both naked and no one else knows – great fun.

### NIGHT MOVES

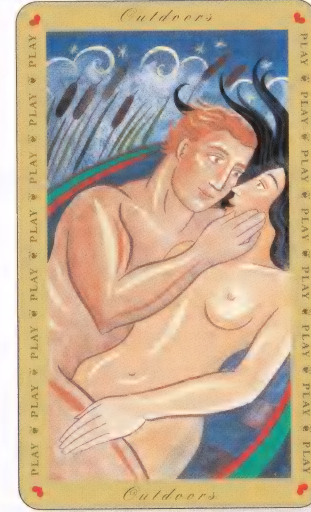
Take lanterns with you and climb to the top of a remote hill for a session of rugged lovemaking. Or go out in

the rain on a summer's night and make love in the mud and the wet, then run home to hot coffee and brandies to revive you.

### THE WIND IN OUR HAIR

When you make love outdoors it isn't just flesh you can feel – there's the wind, the grass underneath you, the sounds of nature, the thrill of being seen, the sky and the clouds, the light or the darkness, the smells of the

outdoors, the feel of weather on your naked skin. All these add to the experience and keep you much more in tune with your emotions. Nature enhances our lovemaking and adds another dimension to Sextasy.



*Sex is a natural pleasure,  
and is best enjoyed in  
natural surroundings.*



PLAY

## Romantic

We have sex because we are in love. And if we want to please our lover and make our love stronger, we sometimes need to be romantic, and to tell our lover how much we care. In the dullness of home and routine this can often be difficult or even be forgotten altogether.

So we need romantic places to spark us off. Occasionally, we have to step outside the normal daily routine and remind ourselves of why we are together. We need the special thrill and excitement of romance.



### VENICE

Travel on the Orient Express to Venice for a weekend of romantic passion. This is probably the ultimate romantic location. Who couldn't fall in love all over again in St. Mark's Square, listening to Italian musicians wooing the coffee drinkers at the little tables? Of course, this may be beyond your means. However, it is also possible to find romantic locations a little nearer home.

Hire a river boat for an afternoon cruise and make love to each other while drifting lazily down the river. As the scenery passes slowly by, you can wave casually at the people on the bank who, of course, can't see what you are doing.



*The fragrance of roses is the heady aroma of romance.*

### CHAMPAGNE AND STRAWBERRIES

Or how about booking a weekend in the best hotel in town? Have champagne and strawberries sent up to your room and don't go out for twenty-four hours – spend the time making love, getting tipsy, and gorging on strawberries.

Try acting out a scene from a romantic movie, such as *Brief Encounter* or *Casablanca*. You'll have to dress the part and learn the script, but it could be a great deal of fun as well as being very romantic.

Discuss where you think a romantic location to explore Sextasy would be. And what would add to your romance? Maybe presenting each other with flowers, or a single rose. You could have a star named after each other. Perhaps give each other a treat like an aromatherapy massage. Or leave each other love notes under the pillow, suggesting a rendezvous for lovemaking.

### THE BEST SHOW IN TOWN

Buy tickets to the theater – the best show in town – and dress up in your finest attire. Nothing is quite so romantic as dressing up for a smart and sophisticated evening out, and showing a touch of glamor.



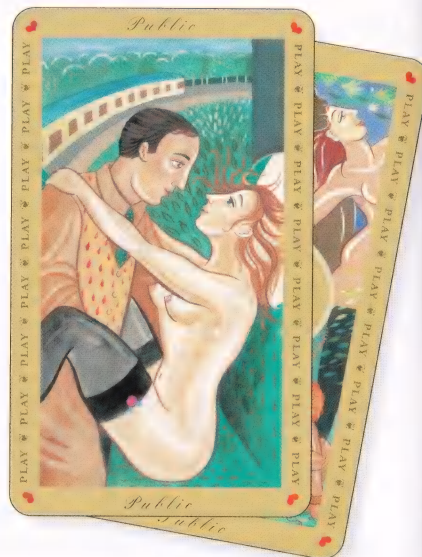
PLAY

## Public

For adventurous Sextatic lovers having sex in unusual places can be a real turn-on. The thrill of being seen, getting caught, having others knowing what you are doing but being unable to stop you, getting away with it, having to be quiet, and very discreet – all these can add a certain piquancy to your lovemaking, the bonus of danger and spice.

### HIDE OR SEEK?

Making love in public has certain limitations – check your local byelaws, it could be illegal. There are two types of public Sextasy: the blatant kind where you simply don't care and don't mind being seen (this is only for the very Sextatic), and the



*Sextasy is about adventure, daring, hide and seek, and the thrill of the chase.*

discreet kind of Sextasy where you may get caught and have to be clever to get away with it without anyone knowing or seeing (for the more refined lovers perhaps).

### DISCRETION AND SUBTLETY

Blatant lovers can just go to a beach or park and have sex. There's probably a thrill in it but it isn't very daring, just blatant. We are interested in discretion and subtlety. How about making love in a busy street in a car with blacked-out windows? Or seeing how far you can go in a elevator between floors in a department store (presuming you are alone together in the elevator of course)?

Take a train journey and see what you can get up to without attracting attention. Or try a few things up in the sky on an airplane. (First class is best, if you can get someone else to pay, as you are left alone more often and there is more space.)

### DARK AND DISCREET

Theaters, concert halls, the opera, and open-air festivals can be fun places to make love. Anywhere that is dark and discreet will permit you to get away with an awful lot. Even old fashioned dance halls aren't without their attractions. If you hire a box at the theater, you will be guaranteed a certain amount of privacy.

There are, of course, certain types of parties where people have sex in public, but these can be tacky and aren't really Sextatic. You need to be discreet and subtle, loving and daring, erotic and tasteful – rather than obvious and coarse.

You could try making love at night outdoors somewhere when you know lots of people will be walking past but they can't see you. Or you could lean out of a window and talk to people while your partner kisses your lower regions – those naughty bits that are out of sight.



PLAY

*New*

If we get stuck in a routine where we always make love in the same place or at the same time then we get bored. Once we are bored we might start looking for a new partner to revive our flagging Sextasy excitement. There's no need. We can simply find new places to make love. Putting a little thought and time into our lovemaking keeps it fresh and exciting and then we won't be tempted to stray. Sextasy is about being adventurous, but it is also about being committed to a relationship and staying faithful to our lover and partner. It's easier to explore Sextasy when you have the confidence of a strong relationship.



#### VARY THE VENUE

Where do you make love? Is it always the same place? Then perhaps you need to experiment. You can always start by making small changes and build up from there. For instance if you always make love in bed then try the floor, or different sides of the bed, or even under the bed (though this can be difficult if you've got a futon).

Make love on the stairs leading up to the bedroom, or in the bathroom before going to bed.

For the truly Sextatic, you can try making love at work, in the yard, in the kitchen, in front of the fire in the living room, or even in the car if you haven't done that before.

#### FORGET THE BED

There are endless possibilities for exciting sex spots. A hot-air balloon. A wildlife park. The countryside (or the town if you are a country dweller). You could try making love in the children's room while they are at school – move the toys first. Or in the back of a taxi if your journey is long enough. How about on a ski slope? Or have you already done that?

#### VIRGIN TERRITORIES

Firstly, you both need to establish where you haven't made love, and then where you would like to make love. By asking each other you may get stimulating new ideas that you would never have thought of.

Hire an R.V. and make love in a new place every day. Try for a record – travel abroad and make love in as many different countries as you can in a week. Take a sea cruise and sneakily make love in a lifeboat, the state room

or on deck, wherever you fancy. How about making love in a friend's or relative's house – without them knowing of course. Or what about the office after everyone has gone home (but watch out for the janitor).



*You don't have to go far to find a new place to make love.*



PLAY

*Atmosphere*

Sometimes our libido dips and we feel less Sextatic. Then we need to be encouraged by ambience and mood. Creating a conducive atmosphere requires thought and planning. We need to know our lover well if we are to provide the right atmosphere for them – as they need to know us.

## ♡ STOKING THE FIRE

Suppose your partner is at work or away from home, and comes back to an untidy, cold house. They aren't going to feel sexy and relaxed. However if they return to a warm, tidy home with candles lit, a fire burning, a bottle of wine opened and waiting, incense perfuming the air, a

rug spread in front of the fire, cushions plumped up and inviting... And you of course are bathed, scented, sexy, and ready. How sexy do you think your partner will feel then?

## ♡ ANTICIPATION

This preparation can be done by either of you. There's nothing better than knowing that your lover is preparing for your return. They could phone you and whisper all the things they're getting ready for you. That will keep you going all day.

## ♡ NATURAL IS BEST

The more effort you put into creating the atmosphere the better the mood and the sex you will both enjoy.



*Drops of wine and roses  
will lead on to nights of  
flaming passion.*

Candles and lanterns are better than fluorescent lighting, just as incense smells more exotic than air freshener. A fine bottle of red wine arouses your senses in a way that fizzy pop never could. All you need to do is think about it.

## ♡ SURPRISES

Maybe sometimes it's better not to know what is waiting for you. We all like surprises. When you get home and find your lover waiting, willing, and wanting, there's no better surprise and turn-on.

## ♡ THE PERFECT BOUDOIR

Try playing around with music, lighting, fabrics, furnishings, hangings, heating, aromas, food and drink, colors, and textures. You could drape the bed with muslin or other erotic fabrics and fill the bed with giant pillows. Use scented candles or incense to change the mood of a room instantly – merely dimming the lights and using candles can have a good effect. Aim to create the perfect boudoir for your perfect lover.

You could feel each other and make love completely in the dark for a different atmosphere, and find each other only by the giggles.



PLAY

## Unusual

What's the most unusual place you've ever made love? Can we improve on that? How about the most unusual way you've ever made love? Can we better that? Unusual doesn't have to mean bizarre or extreme: just put little thought into it and come up with a place you haven't tried before. How about taking a trip down a coal mine? Or up into the mountains?

### LAUGHTER AND POETRY

How about making love while reciting all the poetry you can remember? Or while singing? Tell each other jokes and see how

much lovemaking you can do while you are both laughing.

If you've always made love on the kitchen table, how about underneath it? Or else cook your lover a splendid meal – and serve yourself up as the pudding, complete with pineapple rings, cherries, and cream of course.

### IMAGINATION AND INGENUITY

For unusual locations, try libraries, museums, in the attic, in a store, at a fairground, at the zoo. You could go canoeing and join a quiet backwater somewhere – or even fool around in the canoe. You could see what you could get away with on a guided tour through some dimly lit caves, or



*Make yourself into a feast fit for royalty, and you will have your lover eating out of your hand.*

you is on the phone to a parent? You could make love in the shower – but wearing all your clothes and taking an umbrella in with you. Or try making love while eating dinner – but you've got to feed each other, and be blindfolded of course.



### ACTING OUT FILMS

You could try acting out one of your favorite films – *Aliens*, *Star Wars*, *The Wizard of Oz*, *Basic Instinct*, *The Keystone Cops*. Whatever film takes your fancy. Or try acting out some Shakespeare – *Romeo and Juliet* could be fun (stay away from *Macbeth*, though).



PLAY  
*Times of Day*

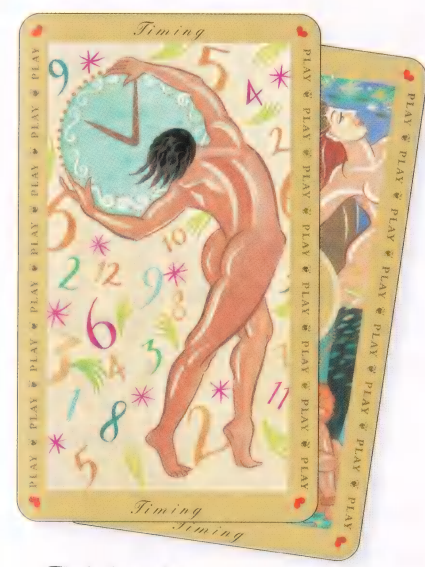
Paying attention to when we make love may be as important as where or how we make love. Suppose your lover is to be away from home for the day. As they leave they whisper what they are going to do to you when they return. You can then spend all day anticipating that return. You know exactly when they will come back so you can know exactly when you are going to be making love – five seconds after they come through the front door.

♡ WHEN'S BEST?

We all have times of day when we feel sexiest; times when we know we are turned on and times when we are not. Do you know when you are each at

your most receptive? Or most demanding? Do you make it known when you feel readiest? Try varying the time at which you make love, and see if you get different results. If you and your lover usually have sex last thing at night, and then go to sleep cuddled up together you could try making love during the day and see whether you are more energized.

Or you could do it first thing in the morning when you both wake sleepy and warm. You may have to set an alarm to wake early enough to make sure there's enough time to relax and really enjoy each other. If one of you wakes in the night, ease the other awake by touching and stroking, and then make love.



*Think about when would be a good time to have a Sestasy time.*

♡ GIVE AND TAKE

If one of you feels sexiest at night and the other first thing in the morning, compromise and offer each other services for those “best” times of day. That way neither of you will feel

obliged to perform when you don't really feel like it. Divide the day into two-hour periods, and write them on pieces of paper. Put these into a hat and see what you draw out. Then you would both know when you were going to make love – or at least fool around a little.

If you are both at home together – say at the weekend – set an alarm to go off at random (close your eyes and turn the dial).

When it goes off you have to go for it no matter what you are doing. Great fun if an elderly friend or a relative has just popped round for a moment! You could agree to forgo sex for a certain period – say a week – and then have a set time to recommence the festivities. This works wonders for anticipation and longing.





INTIMACY

*Kissing*

There are so many different types of kissing, it would take a much bigger book than this to list them all.



How many types do you know? How many types have you tried?

Obviously you and your lover kiss – but how erotically? How much time do you spend kissing? How deep or lusty are your kisses? And kissing includes licking and sucking, slurping and nibbling, rude bits and naughty bits, blowing and teasing.

\* CLIMACTIC KISSES

See if you and your lover can get each other to orgasm by just kissing alone. You are allowed to kiss any bits that take your fancy, but you can only use your lips.

Or try sucking each other's tongues, nibbling each other's lips, and giving each other very deep moist kisses and see what reaction you get throughout their entire body.

\* EXPLORING FACES

Use your tongue to explore the whole of your lover's face: lick ears, eyelids, the underside of the chin, the throat. Use your fingers as well to push gently into each other's mouths when you are kissing each other using your

tongues – you can kiss and suck on each other's fingers. Use your fingers to explore your partner's face as you kiss – it's very erotic to have your face stroked as you are being kissed.

\* EXPLORING BODIES

You could spend hours exploring each other's bodies by kisses alone. Which bits do you most like to be kissed? Where, when you kiss each other, do you squirm and wriggle the most?

\* PROVIDING PASSION

How much time do you spend kissing during sex? Do you both kiss passionately as you have an orgasm? Try it and see what reaction you get from your lover.

If you've drawn this card, kiss your lover now – as deeply and as passionately as you can. Make it the most memorable kiss they've ever had.

You could practice kissing without sex for a week – how hungry, moist,

and lustful will your kisses be when they're all you are allowed? Or how about only one partner being allowed to kiss the other for a day while the other has to remain passive and allow themselves to be kissed all over.



*Kissing is the key to intimacy and the time-honored way to arouse your lover's desire.*



## INTIMACY

*Stroking*

We all liked to be touched; it affirms that we are loved and needed. Stroking is a particularly erotic form of touching. We can also massage, squeeze, pinch, caress, kiss, fondle, feel, touch, rub, press, pat, lick, and soothe the flesh of our lover. Stroking is physical closeness, erotic power, and loving reassurance.

## ♡ MESSAGE

Whoever picked the card can choose whether they give or receive a massage. As this card is in the Intimacy set, you should make the massage non-sexual (unless another card says otherwise). The massage-giver should allow their partner time to prepare, by taking a warm bath,

choosing when and where, and what sort of massage.

The receiver may prefer a whole body massage or just a specific region, such as the neck and shoulders. Whoever is receiving the massage gets to choose exactly how they want it – gentle or remedial, with or without aromatherapy oils, with or without clothes. It can take as long as you want it to.

## ♡ IF YOU HAVEN'T MASSAGED BEFORE

If neither of you has ever massaged before you may like to read up on it beforehand so you know what you are doing. But it will still be fun even if you're not sure about techniques – it's



*Intimate touch has the power to arouse, to reassure, to express our deepest love.*

a good way of learning together. Massaging each other, especially in a non-sexual way, will develop intimacy and teach both of you a lot about your partner's body without any obligation or pressure to have sex. Massage can be a very unthreatening way of being physically close to your

lover, especially if either of you has been experiencing a low libido. As well as using the hands, massage can also be done with the lips, tongue, or even the rude bits.

## ♡ EMOTIONAL STROKING

We can stroke each other emotionally by using words, looks, actions, and other signs of commitment. We might, for instance, tell our partner that we love them first thing every morning, and again last thing at night, and of course at other times when they are least expecting it.

We might gaze deeply into each other's eyes with a look of love. We can support and encourage our partner merely by being there for them when they need us.

We could just hold our partner's hand and gently stroke it to reassure them that we care about them and that we love them. Let your fingers do the talking.



# INTIMACY

## Visual

Men are usually more turned on by visual stimuli than women – and this card may be more for them. Women may be more aroused by emotional and subtle stimuli, but they too need visual stimulation. We all need to see that our lover is aroused, see that they are beautiful and sexy. We need to be shown that we are desired and wanted, and seeing is believing.

### HOW VISUAL?

Sometimes the merest glimpse of secret flesh is enough to drive our lover wild. Sometimes we can go all out and show them our complete

aroused body in all its glory. It depends on the place, the time, and the circumstances.

If we are out together in public we might prefer to use a tantalizing flash of something naughty, whereas when we are alone together at home we can go further. Perhaps as your lover leaves home you could give them a quick glimpse of something that will get their blood racing and make them think of you all day. Maybe in a movie theater or restaurant you could challenge each other to reveal more and more (be careful not to get caught).



### PUTTING ON A SHOW

We like it when our lover wears something special for us. It makes us feel that we matter and that we are being thought of. By dressing erotically for your partner, you reassure them that the magic and excitement is still alive, as well as confirming that you love them. Ask your lover what special clothes they like you to wear for love-making – and do it as a surprise when they are least expecting it.

### POSING

Pose naked for each other to draw or paint. It doesn't matter if you aren't artistic, and it can be anything from a sketch to a full-scale oil painting.

Play at being Peeping Toms: undress slowly for each other in a lighted window at night. Play statues in the nude. Give each other guided tours around your bodies and point out the best bits, the rude bits, the sensitive bits.

You could act out your own version of Lady Godiva. Or how about wearing see-through clothes when you go out together? Or what about suddenly streaking right through the house when your partner least expects it?



*Showing what you have to offer is the best prelude to Testatic love-making.*



INTIMACY

# Orgasm

Good sex doesn't have to be orgasmic – but it helps. Having and giving orgasms are an essential part of Sextasy. We need to know what satisfies our lover. We need to break out of routine and find the ultimate, extreme edges of orgasm.

## SELFLESS SEX

There is something quite erotic about giving your lover an orgasm and not having one yourself. It's a sign that you care about their satisfaction and it shows your devotion to your partner. It also allows your lover to concentrate entirely on their own pleasure without having to think about what they have to do next. Sextasy is not just about what happens to you.

## THE AFTERGLOW

If you are seeking to give ultimate pleasure, part of that is allowing your partner to enjoy the afterglow in the way they want. Maybe they'll fall asleep, get up and make coffee, or watch TV. The afterglow is enjoyed in many ways by different people.

## GIVING AND RECEIVING

Good sex is about giving as much as receiving and you don't both need to have an orgasm every time you make love. You can take it in turns so you don't feel under any pressure. There's



something quite liberating about making love to your partner and dedicating yourself entirely to their pleasure, confident in the knowledge that the next night or day or whenever will be your turn.

## LOOKING INTO THE SOUL

How well do you know your lover's orgasms? Withhold the orgasm until they can stand it no longer. What happens if you increase or decrease your tempo right at the last minute? If sex is making love, then the orgasm is the ultimate act of love. Try looking deeply into your lover's eyes just as they climax. Make them be present, make them stay conscious with you. It can be an extraordinarily erotic experience, like looking into someone's soul.



*Bringing your lover to orgasm is the most intense expression of your Sextatic togetherness.*

How many ways have you tried to give your lover an orgasm this week? Today? As a couple you can experiment together, varying the ways, increasing them, altering them, giving them to each other.



# INTIMACY

## Remote Control

Someone once said that ninety percent of sex goes on in the head. And what could be better than expectation, longing, and anticipation? Remote control sex is about turning your partner on from a distance – you don't even have to be in the same town as them, let alone the same room.

### TELEPHONE SEX

When your partner is away from home, phone them and tell them what you would like to be doing to them right now. Tell them your favorite fantasy – the one that involves them, of course. Whisper erotic nonsense down the phone. Make suitable noises. You can rustle

silk, unzip zippers, moan, gasp, unpop poppers, blow kisses, make licking and sucking sounds.

### COMPUTER SEX AND FAXES

If your partner has e-mail facilities, send them an erotic message. You can now download pictures in e-mail, so you could always include a sexy snap or two to whet their appetite. Fax a rude message bearing a sexy photograph or drawings of what you might both be doing later. Faxes are brilliant because you can send pretty well anything you want. If they don't have a dedicated fax line at work, you may need to be aware that others might read or see anything you send, so remember to be discreet.

### VIDEO, PHOTOGRAPHY, AND CASSETTES

If you have access to a video camera, make an erotic video for your partner to watch when you're not there. Or shoot a video starring the pair of you. Snap sexy photos of each other, so when you are apart you have a reminder of what is on offer when



you get home. Record a sexy cassette message for your lover to listen to in the car – make it a surprise for them. None of these have to be explicit. We are aiming for Sextasy: things that are erotic, alluring, provocative, and sexy, not pornographic and tasteless.

### LOVE LETTERS

Even if you live with your lover and see them every day, that doesn't mean that you can't send love letters. Opening the morning post at breakfast time and finding a sexy message from you will arouse and delight your lover, making them feel flattered and teased, reassured and eager.

*The call of love and desire can cross any distance and overcome every boundary, if it is strong enough.*



INTIMACY

*Seduction*

Think back to when you and your lover first met. Can you remember the first time you had sex together, went to bed together, made love together? One of you seduced the other – or you both seduced each other. Can you remember the exquisite anticipation, the thrill of the game, the longing, the expectation? Seduction is an initial part of a sexual relationship but it doesn't have to end after the relationship is established.

PREPARATION

Knowing your lover as well as you do means you have instant access to all

the little tricks and techniques that they like. You know what turns them on, what moves to make, what things to say, how to press the right buttons. When you first got involved, it took a bit of finding out – but now you are aware that they always feel sexy if they dress up to go out, or if they have had a nap in the afternoon, or if they've just had a long soak in a hot bath. So use the knowledge to engineer the situation. Ask them out somewhere smart; make sure they get their nap; run them a bath and let them soak while you get ready for love.



FLIRTING

A major part of seduction is done with the eyes, so spend some time gazing lustily at your lover and see what result you get. Your lover will be flattered, charmed, seduced, aroused, and ready. Touch their hand occasionally, your fingertips imparting a message of pure raw sex. Blow in their

ear, talk soft and low, whisper sexy things, lick the back of their neck when they are least expecting it, run your fingers through their hair, lick your lips when you are talking to them, poke your tongue out ever so slightly, mouth the words "I want to make love to you right now" across a crowded room at them. But most of all look at them with longing.

REKINDLING  
THE EXCITEMENT

Flirting, seduction, and Sextasy only work if you are prepared to put in some effort. When you first met, you pampered and preened, flirted and paid attention, praised and flattered, gave presents, looked adoringly, listened, and generally worshiped the object of your lust. Now you must do it again if you want the excitement to be rekindled.

*Fan the flame of desire with eyes and lips.*





## INTIMACY

# Loving

Sex can be a purely physical act with little emotional contact, or it can be the most profound, rewarding and loving experience two people can share. There is always a time for spontaneous raunchy

sex, but there is also a need for deeply committed loving sex where you are aware of each other not just as sexual beings but also as companions, friends, and soul mates.



### KIND AND GENTLE

Truly loving sex can be fast or slow, erotic or innocent – as long as it is kind and gentle. Knowing how your lover reacts, you can spend lots of

time pleasuring them with gentleness and soft caresses. You can kiss and stroke them gently, whisper loving words, take your time, reassure, and allow them the space to express themselves sexually.

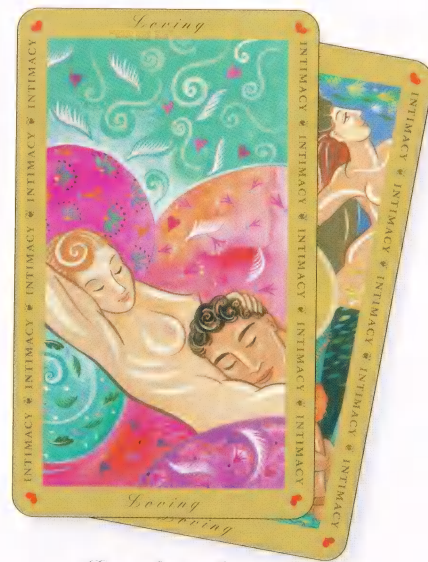
### ENHANCING LOVE

When you indulge in loving Sextasy you can enhance the experience by kissing your partner deeply as they reach orgasm. Look into their eyes and tell them how much you love them. Explore every inch of their skin with the softest caresses. Ask them what they want, what they need. Hold their hands as they climax. Cuddle them afterward and again tell them how much you love them. Let

them fall asleep in your arms. Rock them, sing to them softly, hold them tightly to you.

### RESPECT AND TRUST

Sex is a very open sharing experience when we let go and expose our emotions in a very raw and trusting way. Your lover, in the first few minutes after orgasm, is open and vulnerable. Make sure they feel safe and reassured, and don't hurry them. Don't expect them to have to do anything. Allow them the space and freedom to be themselves. If they want to be quiet, don't urge them to talk. If they want to talk, listen. If they don't want to be touched, then don't touch them. If they want to be cuddled and held, then do it – for hours. The more loving and reassuring you are, the safer your partner will feel, and they will respond to you in a similar way because they feel safe to do so.



*Caring for your best friend is part of a truly ecstatic relationship.*

Make your partner feel that they are the most important thing in your life. You can do this by reassuring them and the best way to do this is by telling them. The words "I love you" still have the best effect imaginable.



LOVEMAKING

*Teasing*

We all like being teased – it adds to the slow build-up of excitement. Not knowing quite when we are going to be satisfied, but knowing that we are, is very sexy. Teasing can be physical or emotional – both are exquisite forms of torture and tantalising ecstasy.

♡ EMOTIONAL TEASING

Start by telling your lover in no uncertain terms what you are going to do to them. Tell them exactly which bits you are going to touch, lick, kiss, suck, stroke, and how you are going to do it. Tell them how you are going to satisfy them. Tell them how sexy they make you feel and all the erotic thoughts you have about them. Say

exactly how you are going to make love to them – and then refuse to tell them when. Keep them guessing.

If you want to really tease, you could tell them that you will carry out all your delicious promises only when they say or do a certain thing – and you can't tell them what that is. They will follow you around all day talking non-stop, in the hope of finding the magic word. Or you could tell them that all your wanton and delightful promises will be theirs for the asking when they have served you as a dedicated slave for a day (or a week if you're feeling really cruel).

You could tease them by telling them exactly when you will be doing all this wonderful stuff to them – and

make them wait. The longer they wait, the greater the build up, the greater the tension.

♡ PHYSICAL TEASING

Start by slowly undressing your lover, then spend at least half an hour exploring their body with your tongue, your lips, your fingers – but do not touch their naughty bits at all. Watch their reaction every time you get near the erogenous zones – they'll squirm, they'll wriggle – but you won't touch. Eventually they'll beg. And then you can satisfy them.

Allow access to only certain bits of your body for a day or a week. Your lover can touch but not lick, kiss certain bits but not use hands. Tell them that they can have certain pleasures, but not others, for a day or a week. The pleasures denied, even though they may not be favorites, will become unendurable desires once they are forbidden.

♡ MENTAL TEASING

Tell your lover that you have been having erotic thoughts about them – and refuse to say what they are. Or tell them that you had a rude dream about them, but it is too rude to repeat. They will end up begging you.



*Keeping your lover chained up and waiting is a sure way of inflaming him.*



LOVEMAKING

*Games of Pleasure*

What two people do in the privacy of their own homes with their own bodies is entirely their own business – and this includes games of pleasure.



As long as you are both adults, both agreeable, and neither one of you is being coerced, then anything goes. You can swing from the light fittings, dress up, act out fantasies, indulge in passions, play games, use any words you want, perform gymnastics, be erotic, exotic, ecstatic, and extreme. There are no rules as long as you are both enjoying yourselves and not doing any harm.

S & M

A little pain and pleasure is fine as long as neither of you objects or gets hurt. You can tie each other up, blindfold each other, turn each other into slaves, masters, mistresses, dominants, submissives – whatever you want. One of you could be fully dressed while the other is naked, tied up, and blindfolded. The one fully dressed can then sexually satisfy the bound one, then you can swap over. Being tied up can be very satisfying if you like it: if you don't, then don't do it. Agree on a key word, such as "stop," to indicate that you've had enough. When this word is uttered, you must have an unbreakable agreement that the game will cease. That way, games

remain pleasurable and don't become scary or dangerous. These are, after all, only games.

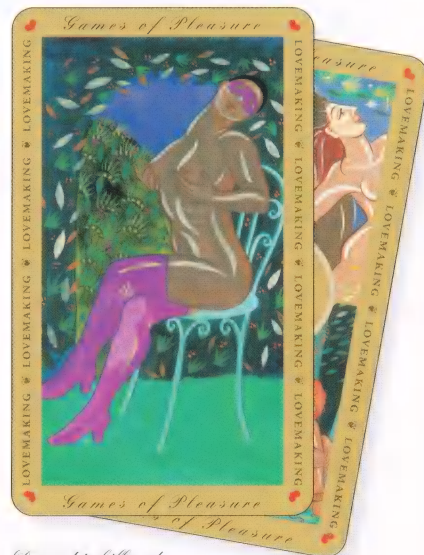
ROLE PLAYING

We all like to have fun and sex is the most fun we can have. Role playing games are great fun, as we can act out our fantasies in the safety of a loving relationship. Whatever either of you wants to do should be treated with respect. If one of you wants to dress up as a Viking and be tied to a four-poster bed, that's fine. If you yearn to be covered in jelly and thrashed with a feather duster – that's fine too. It is important to respect each other's vulnerability in revealing the games you want to play.

BEING SILLY

Playing games of pleasure allows us to let go and be as silly as we want. We can run around the house in the nude shouting at the top of our voices, hide

in cupboards, smear ourselves with food, wear each other's clothes, go out into the garden and roll around in the mud, climb trees in the nude, have pillow fights, be childish and silly, be daring, be brave, dress up, undress, paint each other, even howl like a dog if we want.



*Dressed to kill and ready for thrills.*



## *Taking Control for Him*

When you, the man, are taking control you can ask for your wildest sexual fantasies to come true. But you also have an obligation to respect your partner's wishes and restraints. You are not in control because you are in charge – it's more like being a choreographer or an orchestra conductor. You are going to orchestrate – not dominate.

### • A WILLING DANCING PARTNER

When you are in control, you have the right to ask for anything Sextatic you want – and your lover has the right to refuse. So it's a good idea to know pretty well what is acceptable before you start. A little knowledge

often reduces disappointment. If you are going to lead your lover in a sexual dance, it is better to have a willing dancing partner than to have to drag them around the dance floor reluctantly (although if that's what they want, and like, then fine). Once again, Sextasy is based on confidence, trust, and commitment.

### • YOUR JOB AS A LOVER

Your job is to make sure your partner is happy and satisfied. If you tend to climax too quickly you can remedy this by using the techniques outlined on page 59.

You should be able to alter the timing, depths, rhythms, and strength of your thrusts so your partner can

feel intense satisfaction. You should be experienced with your fingers, lips, and tongue so that you know every inch, every reaction, and every tingle of your partner's body.

### • YOUR PARTNER AS DEITY

Imagine your partner is a deity and you are the devotee. It is your role to make sure they are sublimely happy. The first few times you draw this card, you may want to get your desires out of the way quickly and then you can be free to be the devotee. True sexual happiness comes from satisfying your lover, making them glow and tingle with pleasure. When you have become the world's best lover they will reward you amply: until then practice with them as much as you like, until you start to get it right.

When you are in control it is fun to give your partner complete satisfaction – and not be satisfied yourself. It

makes them feel very special if you attend to their needs completely and they don't have to repay any favors. You can bring them to exquisite orgasm and then let them fall asleep while you cuddle them and keep them safe and warm. That's perfect.



*Leading the dance of  
Sextasy requires trust  
and confidence.*



## LOVEMAKING

*Taking Control  
for Her*

When you, the woman, take control it is your opportunity to ask for any sexual desires to be satisfied without expectation or judgement. You can be as wild and abandoned as you want, or as intimate and loving. You can be free to ask your lover for anything you want.

## ♡ ALL YOU HAVE TO DO IS ASK

Drawing this card is a unique opportunity for you to be fulfilled: all you have to do is ask. Perhaps you would like your lover to be your sexual slave for a day. Demand that they satisfy you in any way you want, at any time. Instruct them in exactly what types of foreplay you like. Order them to massage you, lick you all over, cover

your body in chocolate and slowly eat you all up, dress or undress you, brush your hair, tell you how many ways they love you. You could even command that they do the washing up – in the nude, of course.

## ♡ WOMAN ON TOP

Here are some positions for a woman where she can gain more satisfaction from penetrative sex. Get your lover to lie down on his back and sit astride him, facing him, with your knees bent back. You don't need to move much at all – try just squeezing him with your vaginal muscles. In this position your lover can caress your breasts and your clitoris, and you can

From this position, swivel round until you are facing away from your lover. Do this slowly, as it can be painful for the man if you are not careful. If you now grip your partner's ankles, you can exert considerable force. This is a good position if you want to fantasize about being with someone else, as you can't see each other's faces. If you sit upright in this position, you can caress your partner as well as yourself.

## ♡ THE SWING

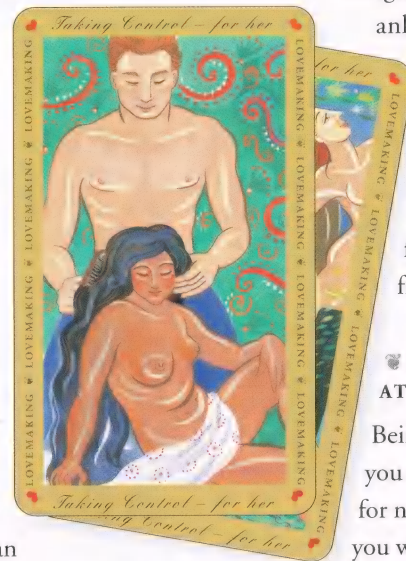
You might like to try this position. It is called the swing and you will see

why. Get your lover to sit half upright, and then sit in his lap facing away from him. You can support your weight by gripping his ankles, and he can prop himself up on his arms. In this position, you can swing yourself backward and forward or even from side to side.

♡ NO SEX  
AT ALL

Being in control gives you the freedom to ask for no sex at all. Perhaps you would just like to be cuddled, talked to, kissed, hugged, and made to feel special without sex. That's fine. You can use this

card for anything you want – it's your turn.



*Make the most of your chance  
to enjoy the devotion and  
flattery of your sexual slave.*



## LOVEMAKING

*Slow and Linger*

In the West, the average couple spends two minutes on love-making. Yes, that's two whole minutes. But you've drawn the slow and lingering card, so you can spend as long as you want – hours, even days. Keep the foreplay going as long as you want, indulge in as many things as you want – then do it all over again if you so desire.

## ♡ FOREPLAY

Foreplay should be an entire love-making in itself. There's no need to rush. Enjoy turning each other on. Spend at least an hour just licking each other all over. Take some food to bed with you and eat off each other's bodies. Stretch each other almost to

the point of orgasm and not beyond. See how many times you can do this without climaxing. And how much more intense is the orgasm when you finally have it?

## ♡ THE ART OF AROUSAL

How well do you know each other? The better you know each other, the more capable of arousing each other you will be. Sextasy is being in a good sexual relationship, where you both feel comfortable with each other. You can express your needs and expect to have them met. Being aroused isn't just being ready for sex. Getting your lover aroused is an art in itself. It can begin with a whispered suggestion, a touch, a look. The art of arousal is in

knowing exactly what it is that turns your partner on, without even having to touch them. And of course, like everything else worth doing, the more you practice, the better it is. So what are you waiting for?



*Sextasy lovemaking deserves  
all the time you can give, all  
the time in the world.*

## ♡ A THOUSAND THRUSTS

There are several techniques for a man to practice to prevent ejaculating too quickly. Try thrusting gently at first and when you feel you are about to climax, withdraw and arch your back, at the same time sucking in your lower abdomen. This should stop your orgasm. After a few minutes you can continue satisfying your lover. Or try the "squeeze" technique. When you feel your orgasm approaching, stop thrusting and squeeze quite hard with your index finger and thumb on your perineum (the area of skin between your scrotum and anus). Get your partner to squeeze for you if you want. Obviously, different men will require different pressure. By stopping your orgasm, you can keep going for much longer and give your lover more time to reach fulfillment. Ancient sexual manuals upheld an ideal of a thousand thrusts before orgasm.



## Tantric

In ancient India, there were texts devoted to lovemaking with a special emphasis on spirituality. These texts were known as *tantras*, and they advocated using sex as a means of meditation and to enhance our knowledge of God and spirituality. Tantras listed many different methods of attaining enlightenment through sex: it would be impossible to list them all, but here are a few to try.

### RAISING KUNDALINI ENERGY

You both lie down naked next to each other on the floor with your head by the other's knees. The woman lightly grips the man's *lingham* (penis) while he inserts his index finger into her *yoni* (vagina). You stay like this,

concentrating on each other's sexual organs, and just feel the energy rising. According to the tantras, you should both be able to reach orgasm without having to move.

### ENLIGHTENED SEX

The man sits down on a chair with no sides. The woman sits astride him facing him. His *lingham* should be inserted into her *yoni*. Concentrate on the union happening within the woman, and feel the heat rising. This heat or energy rises up the man's back but up the woman's front. When the two energies (male and female) meet they become mystically joined at the forehead and you experience enlightenment together – a spiritual orgasm.

### SPIRITUAL ORGASM

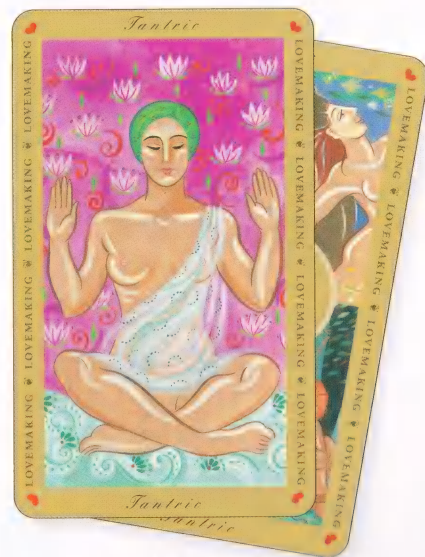
You can both give each other an orgasm by whatever method you prefer. But instead of concentrating on the normal pleasure sensations, try focusing on your spirituality. What do you see with your eyes closed just as you climax? What do you feel? Where do you go when you orgasm? After you have both given each other an orgasm separately, try achieving orgasm simultaneously, by whatever means you like. As you both climax, try to be intensely aware of your lover as a spiritual being.

### NON-ORGASMIC SPIRITUAL SEX

Try having sex for as long as you can without an orgasm. As you feel your orgasm rising, stop and wait for it to subside. Then continue. Keep doing this for as long as you can, and see what you both experience. Try remaining very still and sensing the

energy, or moving and absorbing the rhythms of life within you.

Tantric sex can also be used to produce simultaneous orgasm. Because you are using sex as a spiritual exercise you can work hard toward this end.



*Physical and spiritual  
bliss are on offer to the  
Taoistic lovers.*



## LOVEMAKING

*Fast and Furious*

Sometimes lust and passion overcome us and we need fast and furious lovemaking – here and now, quickly and urgently. If you have drawn this card, then that is what you get. Don't hesitate – do it now. Don't bother undressing each other. No need for foreplay – just do it now.

♡ **RIPPING OFF  
EACH OTHER'S CLOTHES**

Fast and furious lovemaking can be great fun if you enter into the spirit of it. You can be as spontaneous as you



like. Sextasy is about being ecstatic and satisfied. There is a time and place for lingering, but this is not it. This is a time for ripping each other's underwear off and taking each other in a moment of passion so intense and lustful that you forget where you are or what you were doing.

♡ **PLANNING  
SPONTANEOUS SEXTASY**

Fast and furious Sextasy can be planned. Open your diary and pick a day and a time at random. Make a date with your lover. When that time comes round, agree to make fast and furious love no matter what else you may have planned, and whatever is going on around you.

♡ **JUST GO FOR IT**

Arrange to meet somewhere private, perhaps a hotel room, and agree beforehand that when you get together not one word will be spoken – you will just go for it, like an express train. You can then both prepare in advance and dress for the occasion. Perhaps you could pretend to be complete strangers.

Spend an evening watching television together, but first open a dictionary and pick a word at random. When you hear that word on the television, it is your trigger for instant fast and furious Sextasy. If you don't hear the word, you will have to wait until another time.

♡ **BACKGAMMON  
FOR FORFEITS**

How about playing backgammon for forfeits? If you lose you have to make fast and furious love to your partner – and if they lose they have to do the



*Sometimes there's just no  
time to lose, and desire  
must find its way.*

same to you. It makes for an interesting game. You can add to or change the forfeits to suit your own preferences. And if you don't play backgammon, you could try chess, bridge, or even strip poker.



# PICTURE ACKNOWLEDGEMENT

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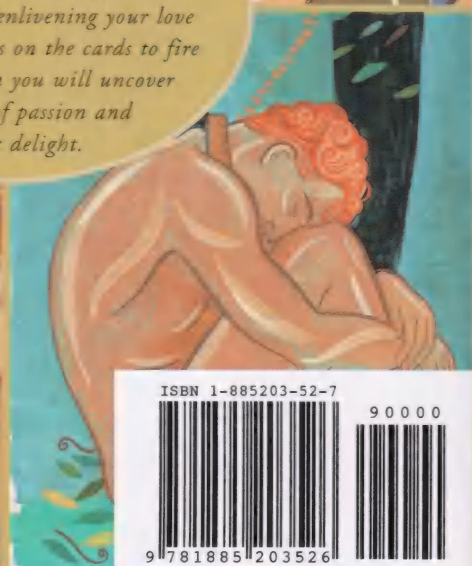


TOUCHING ✦ LINGERING ✦ LOCATIONS ✦ KISSING



SEXTASY ECSTASY  
BOOK AND CARD PACK

*Written for committed sexual partners of every age, Sextasy Ecstasy offers dozens of possibilities for enlivening your love life. Using the ideas on the cards to fire your imagination you will uncover new depths of passion and Sextatic delight.*



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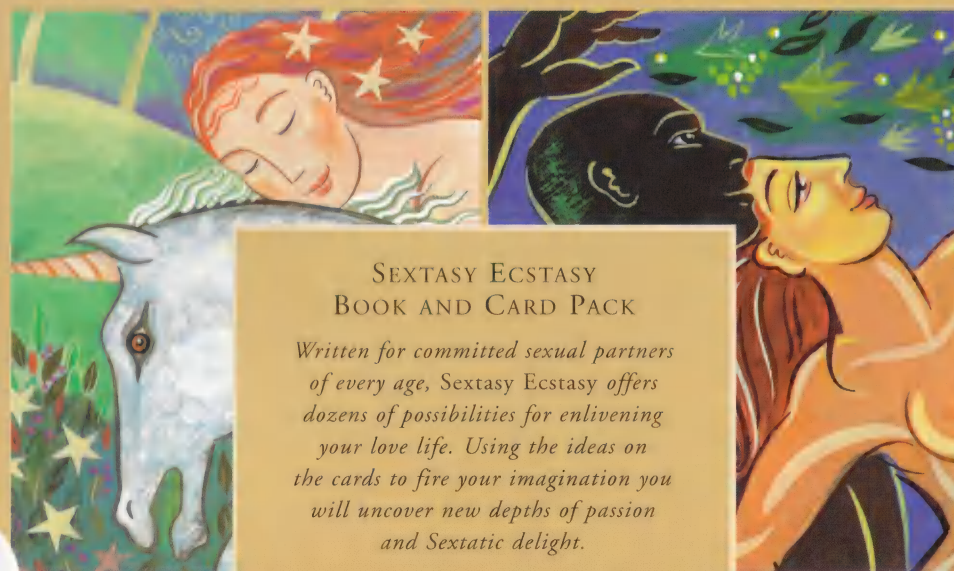
CREATIVITY ✦ EXCITEMENT ✦ TANTRA ✦ MASSAGE

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AROMATHERAPY ✦ STROKING ✦ LUXURY ✦ FANTASY ✦ MOODS



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RICHARD  
CRAZE

*Sextasy Ecstasy*

BOOK AND  
CARD PACK



TOUCHING \* LINGERING \* LOCATIONS \* KISSING

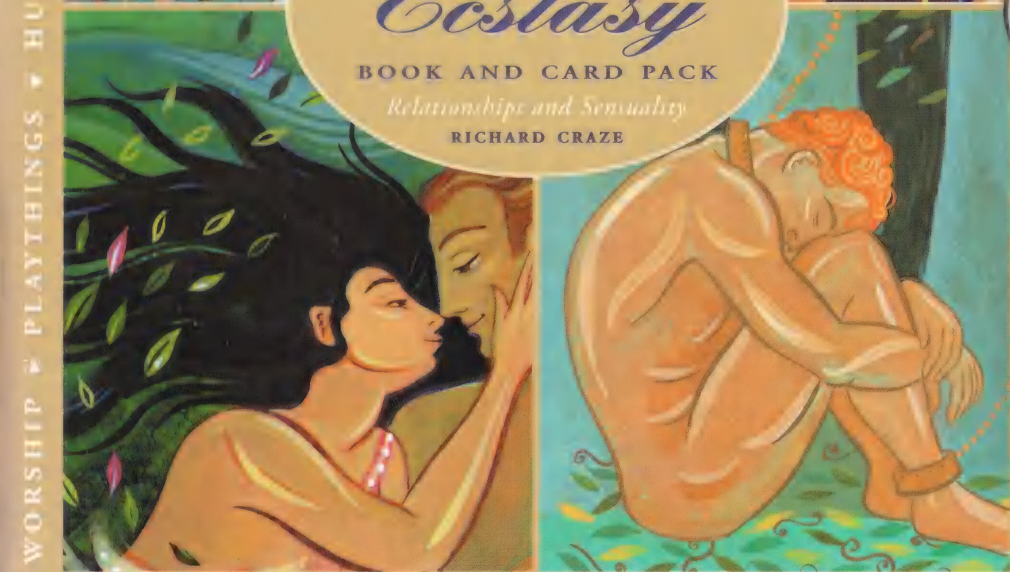


*Sextasy Ecstasy*

BOOK AND CARD PACK

*Relationships and Sensuality*

RICHARD CRAZE



CREATIVITY \* EXCITEMENT \* TANTRA \* MASSAGE

AROMATHERAPY \* STROKING \* LUXURY \* FANTASY \* MOODS



LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING



LOVEMAKING • LOVEMAKING • LOVEMAKING • LOVEMAKING



*Taking Control - for her*



LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING



LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING



you want,  
dance, and  
things

An illustration of a man and a woman in a romantic embrace. The woman has long, dark, flowing hair and is wearing a pink and white striped top. The man is seen from the side, with his arms around her. They are positioned in front of a large, bright yellow circular shape, possibly a moon or a sun. The background is a mix of green and blue, with some small, glowing yellow and pink elements scattered around. The overall style is soft and romantic.



*Fast and Furious*

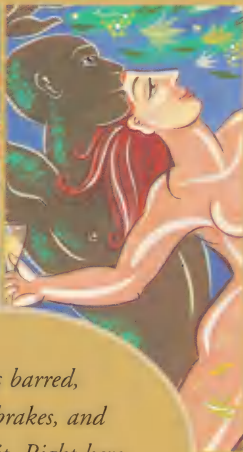
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*Fast and Furious*

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get down to  
right now  
yourself



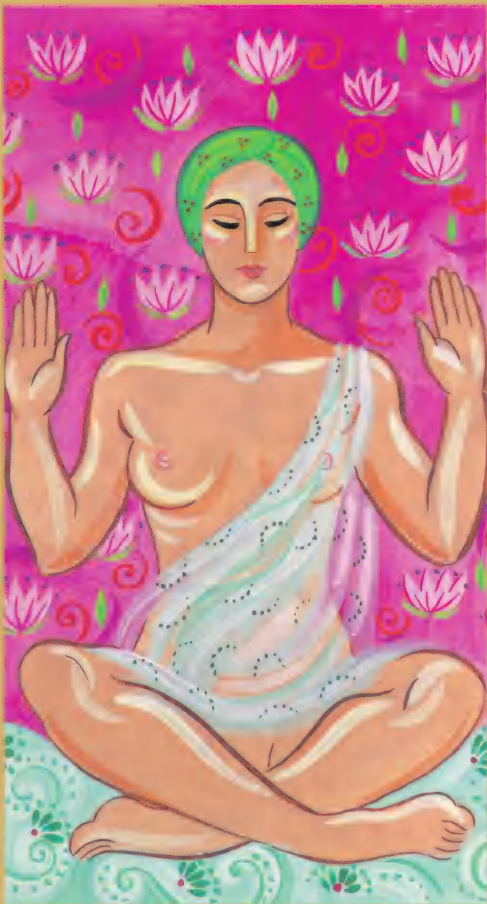
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*Tantric*

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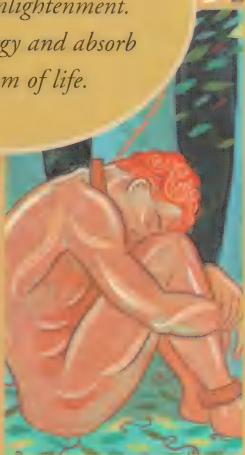


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*Tantric*



*The sexual is the  
spiritual, and your desire  
can lead to enlightenment.  
Sense the energy and absorb  
the rhythm of life.*





*Teasing*

LOVEMAKING ♡ LOVEMAKING ♡ LOVEMAKING ♡ LOVEMAKING ♡ LOVEMAKING ♡ LOVEMAKING ♡ LOVEMAKING ♡ LOVEMAKING ♡ LOVEMAKING ♡



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*Teasing*

LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING



Anticipation  
of Sextasy.








LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING



and this is you  
have some fun

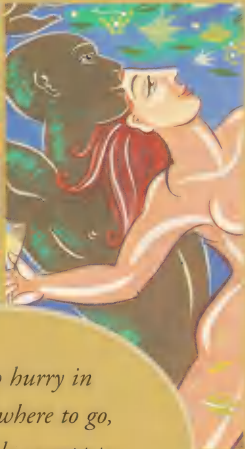
A romantic illustration of a man and a woman in a close embrace, nearly kissing. The woman has long, dark, flowing hair with green leaves and pink flowers woven through it. She is wearing a pink and white striped top and a colorful, patterned skirt. The man is seen from the side, with his face close to hers. The background is a soft, warm yellow, and a large, pale yellow circle, resembling a sun or moon, is in the upper right corner. The overall style is soft and painterly.

*Games of Pleasure*






LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING ♣ LOVEMAKING



nothing to  
pursue each o  
for hours, s

An illustration of a man and a woman in a romantic embrace, nearly kissing. The woman has long, dark, flowing hair with green leaves and small pink flowers falling from it. She is wearing a pink and white striped top. The man is partially visible, wearing a light-colored shirt. The background is a soft, warm yellow.



WISHES ♣ WISHES ♣ WISHES ♣ WISHES ♣ WISHES ♣ WISHES



*Fantasy*

WISHES ❁ WISHES ❁ WISHES ❁ WISHES ❁ WISHES ❁ WISHES



Indulge your  
whatever  
want.

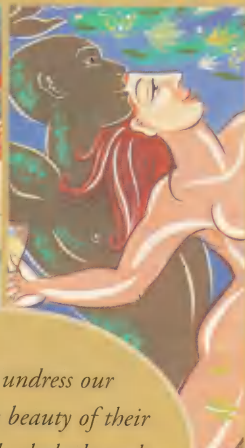


*Fantasy*





# *Fully Dressed*



*We long to undress our lover, to see the beauty of their body. Being fully clothed can be extremely Sextatic if we know it is leading to seduction.*



# *Fully Dressed*



WISHES WISHES WISHES WISHES WISHES WISHES WISHES WISHES WISHES WISHES

WISHES ♣ WISHES ♣ WISHES ♣ WISHES ♣ WISHES ♣ WISHES

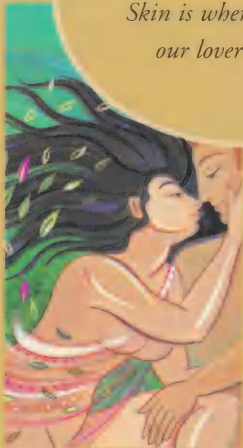


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# *Skin*



*Skin is alive and sensual,  
erogenous and Sextatic.  
Skin is where we feel all  
our lover's caresses.*



# *Skin*



*Luxury*

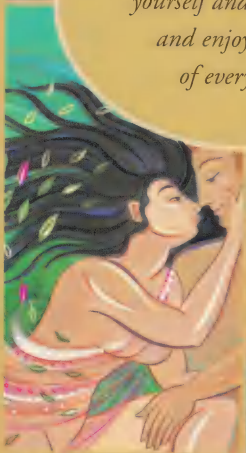
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WISHES WISHES WISHES WISHES WISHES WISHES WISHES WISHES



*Luxury enhances  
lovemaking. Pamper  
yourself and your lover,  
and enjoy the best  
of everything.*



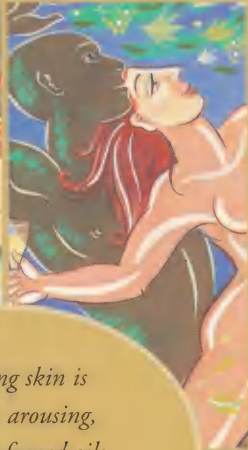
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*Cils*

WISHES & WISHES & WISHES & WISHES & WISHES & WISHES





jumea oils  
 ideal mood  
 extasy.



WISHES & WISHES & WISHES & WISHES & WISHES



*Half Undressed*

WISHES ♡ WISHES ♡ WISHES ♡ WISHES ♡ WISHES ♡ WISHES ♡



*In between, neither  
one thing nor the other.  
Revealing a little can be more of  
a turn-on than leaving nothing  
to the imagination.*



WISHES ♦ WISHES ♦ WISHES ♦ WISHES ♦ WISHES ♦ WISHES



*Silk*

WISHES ♡ WISHES ♡ WISHES ♡ WISHES ♡ WISHES

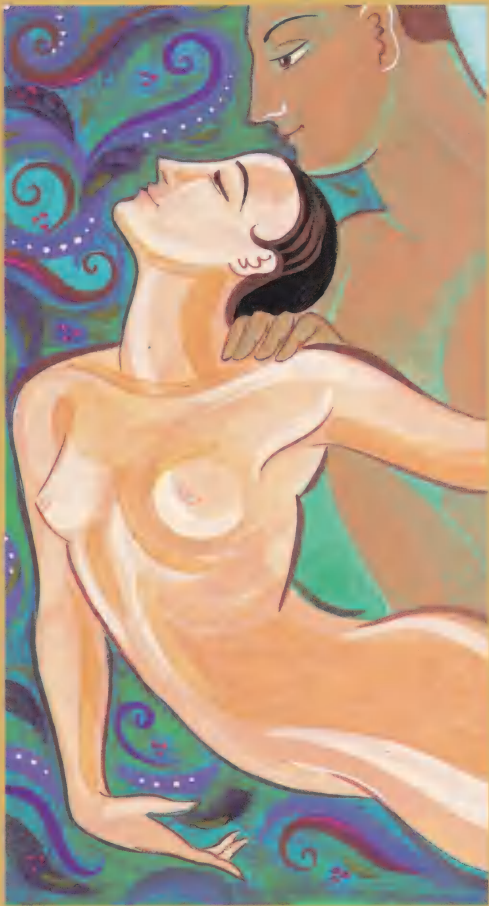
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## Stroking

INTIMACY ♣ INTIMACY ♣ INTIMACY ♣ INTIMACY ♣ INTIMACY



*Stroking*

**INTIMACY** ♡ **INTIMACY** ♡ **INTIMACY** ♡ **INTIMACY** ♡ **INTIMACY**

INTIMACY ♣ INTIMACY ♣ INTIMACY ♣ INTIMACY ♣ INTIMACY



g is physical  
ic power, and  
assurance.

*Stroking*



# Kissing

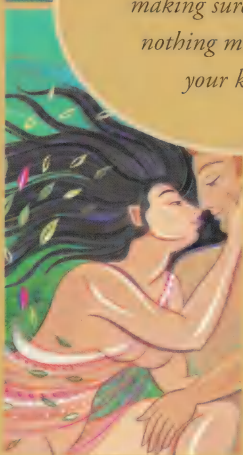
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# Kissing



*It starts with  
a kiss, so it's worth  
making sure that there's  
nothing missing from  
your kissing.*

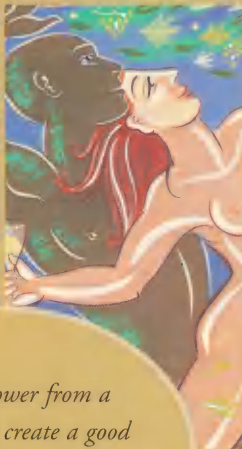


# Kissing





# Remote Control



*Use your power from a distance, and create a good head of steam for when you are together again.*

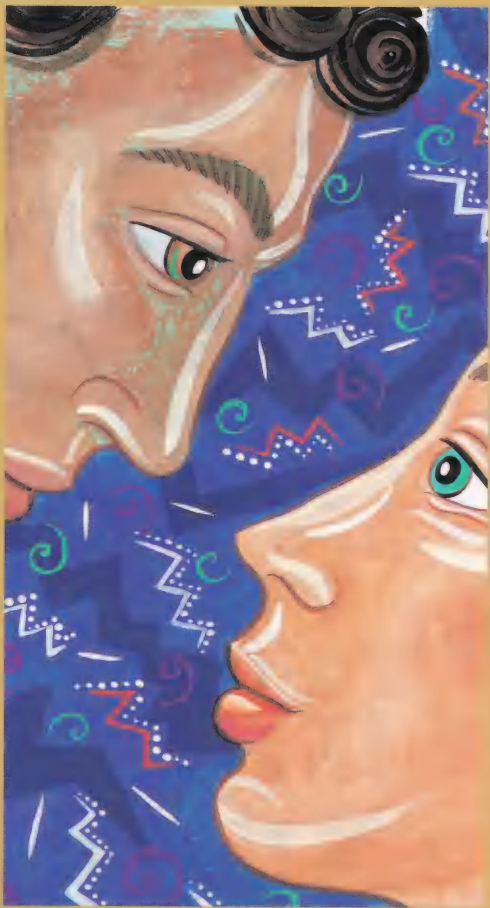










# Remote Control



*Seduction*

INTIMACY  INTIMACY  INTIMACY  INTIMACY  INTIMACY  INTIMACY



INTIMACY  INTIMACY  INTIMACY  INTIMACY  INTIMACY  INTIMACY  INTIMACY  INTIMACY 

**INTIMACY ♡ INTIMACY ♡ INTIMACY ♡ INTIMACY ♡ INTIMACY**



*Seduction doesn't stop  
when a relationship starts.  
Make seduction part  
of your life together.*



INTIMACY ♣ INTIMACY ♣ INTIMACY ♣ INTIMACY ♣ INTIMACY

*Loving*

INTIMACY • INTIMACY • INTIMACY • INTIMACY • INTIMACY



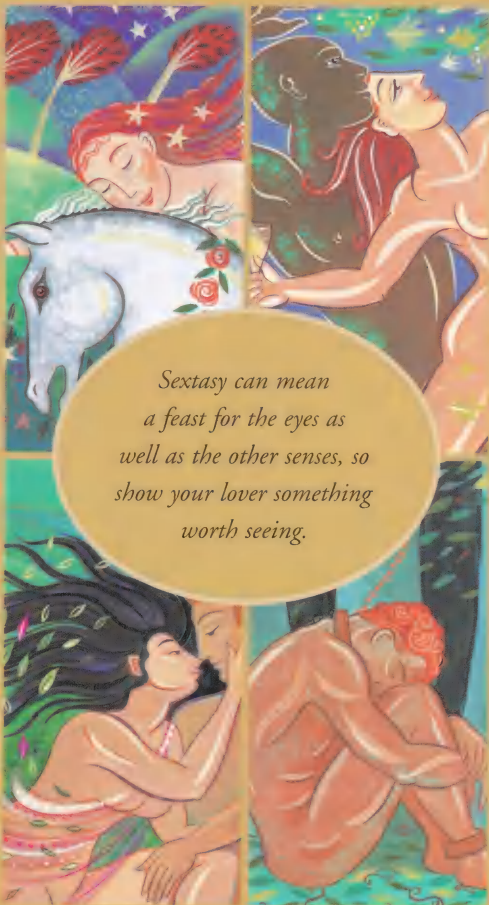




INTIMACY • INTIMACY • INTIMACY • INTIMACY • INTIMACY



*Visual*



*Sextasy can mean  
a feast for the eyes as  
well as the other senses, so  
show your lover something  
worth seeing.*

*Visual*



*Orgasm*

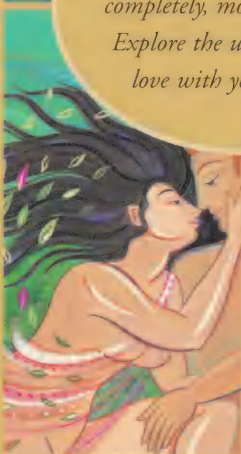
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# *Orgasm*



*Orgasm is where we  
meet most deeply, most  
completely, most Sextatically.  
Explore the ultimate act of  
love with your partner.*



# *Orgasm*

Unusual

PLAY ♡ PLAY ♡ PLAY ♡ PLAY ♡ PLAY ♡ PLAY ♡

PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣







er something  
re that you  
ied before.





PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣



*your schedule  
me for love.*

An illustration of a couple embracing. The man has red hair and is wearing a brown strap over his shoulder. The woman has dark hair and is wearing a brown strap over her shoulder. They are sitting on a green and blue patterned surface. A large yellow moon is in the background, and a red heart is visible in the sky.

## Timing







*Creating the right  
atmosphere is half the fun.  
Look after the food, the wine, the  
temperature, and the surroundings,  
and the Sextasy will  
look after itself.*



Public

PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣

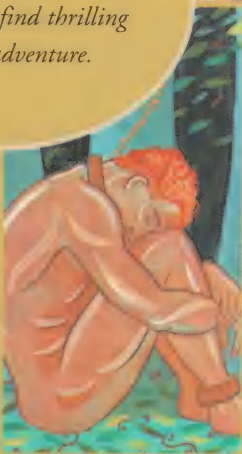


PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣

PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣



*Follow your sense of  
daring, and move beyond your  
four walls to find thrilling  
Sextatic adventure.*



*Romantic*



*Romantic*

PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣



and a re  
what yo  
truly n





*Outdoors*

PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣



PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣



*Make love in natural  
surroundings and enjoy  
the breeze on your skin and  
the sun on your face.*



*Outdoors*





PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣



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for new vis  
up bef



PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣ PLAY ♣